

Ranch Hand Nachos – Adapted from [Fruits and Veggies, More Matters](#)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Small red bliss potatoes [§] , skins on	10 lb.	20 lb.	5 lb.	<ol style="list-style-type: none"> 1. Slice potatoes into small circles. Coat them with cooking oil spray for 3 seconds. Bake in the oven at 450° F for 25-30 minutes, depending on desired darkness. 2. While potatoes are baking, brown ground turkey breast with chili powder in pan over MEDIUM heat until turkey holds > 165° F for 15 seconds (about 8-10 minutes). 3. Remove potatoes from the oven and turn off. Place the potatoes on a small oven safe platter or long dish. 4. Top with cheese and turkey, put back in the oven to melt, about 2 minutes. 5. Remove from oven and top with lettuce, tomato, cucumber, cilantro, and salsa. <p>❖ Serving Size: 1/25th of 25-serving recipe</p>
Cooking oil spray- 3 seconds				
Extra lean ground turkey breast [§]	5 lb	10 lb	2 1/2 lb	
Chili powder	5 tsp	10 tsp	2 1/2 tsp	
Cheddar cheese [§] , reduced fat, shredded	1 3/4 lb	3 1/2 lb	14 oz	
Iceburg lettuce [§] , shredded	1 lb 9 oz	3 lb 3 oz	13 oz	
Medium tomato [§] , diced	10	20	5	
Cucumber [§] , peeled and diced	1 lb 14 oz	3 3/4 lb	15 oz	
Cilantro [§] , chopped	1 oz	2 oz	1/2 oz	
Salsa, mild	4 lb 5 oz	8 lb 10 oz	2 lb 2 oz	

[§]WA product available when in season

Approximate preparation time: 40 minutes.

Tips & Variations:

- Children can participate in creating the nachos by adding the toppings. Lay out containers with the lettuce, tomato, cucumber, cilantro and salsa. Allow the children to use tongs and spoons, and add these toppings to their plate containing the potato/cheese/turkey combination.
- Try adding your favorite chopped veggies, such as raw peppers[§] or fresh corn[§], as toppings to the nachos.



- Try serving the nachos in a smaller portion as a snack.

Ranch Hand Nachos

Child Nutrition Program Food Components:

- ✓ 1 cup vegetable
- ✓ 1 1/2 oz meat/meat alternate

Nutrients Per Serving:

Calories	178 kcal
% Calories from Fat	14%
Total Fat	2.8 g
Saturated Fat	0.7 g
Trans fat	0 g
Cholesterol	21 mg
Sodium	441 mg
Total Carbohydrates	22 g
Dietary Fiber	4 g
Sugars	2.6 g
Protein	18 g
Vitamin A (691 IU)	13%
Vitamin C (17.5 mg)	29 %
Calcium	9 %
Iron	14 %

- 👉 The largest **tomato** weighed over 7.7 lb., or the weight of an average newborn.
- 👉 **Tomatoes** are a good source of Vitamin A, Vitamin C, fiber, potassium, and lycopene, which may help prevent certain types of cancer.
- 👉 A **cucumber** gets its flavor from the seeds.

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notes

